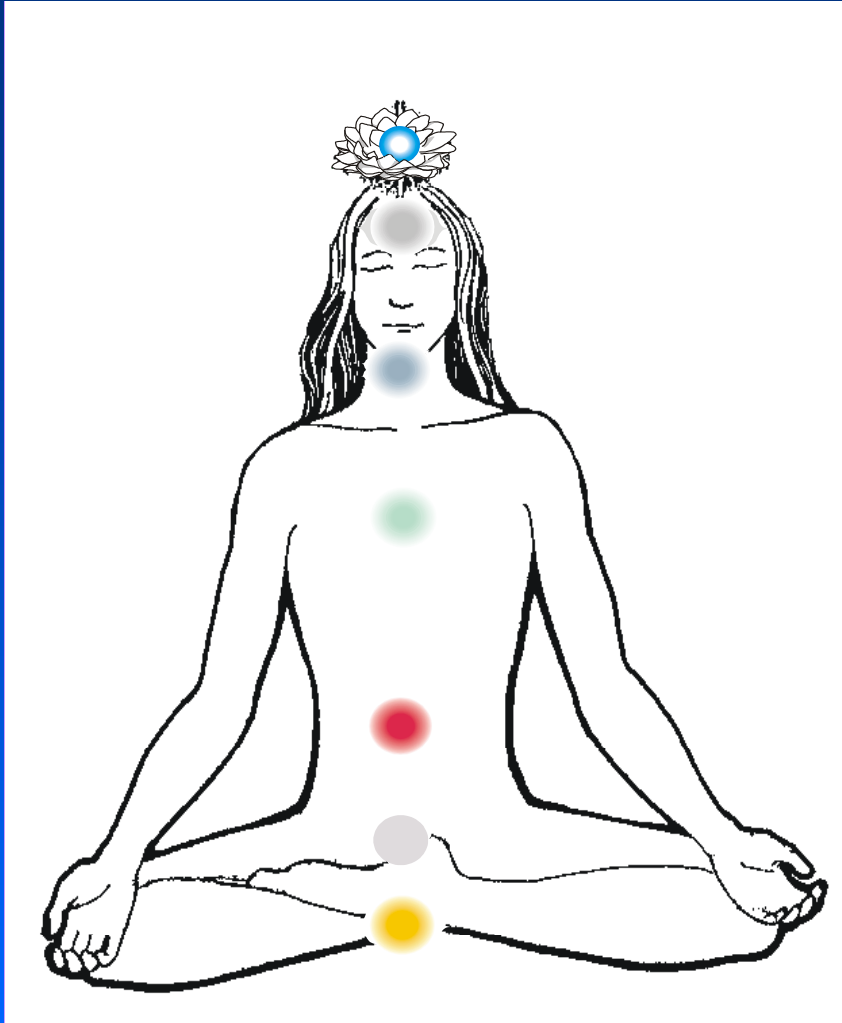


Cakras, Glands, Propensities & Asanas

By Dada Rainjitananda
(revised by Dharmadeva)

Who can meditate?



The only requisite to practice meditation is to have a human body and mind.



Sleeping Divinity - Kula

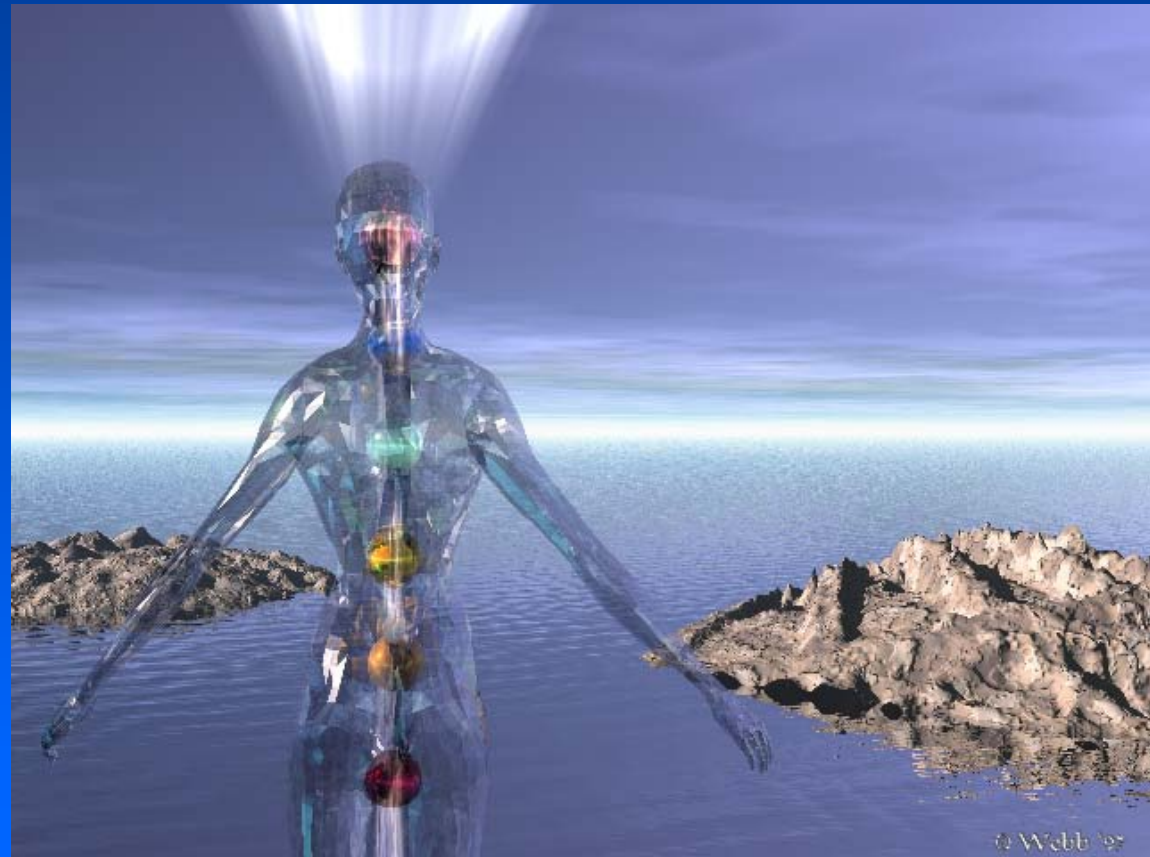
- 'Ku' means world and 'la' means to hold.
- That which the world holds is called Kula.
- It also means unit force of the unit being.
- The lowest part of the vertebral column or spine is called Kula in Sanskrit.

Sleeping Divinity - Kundalinii

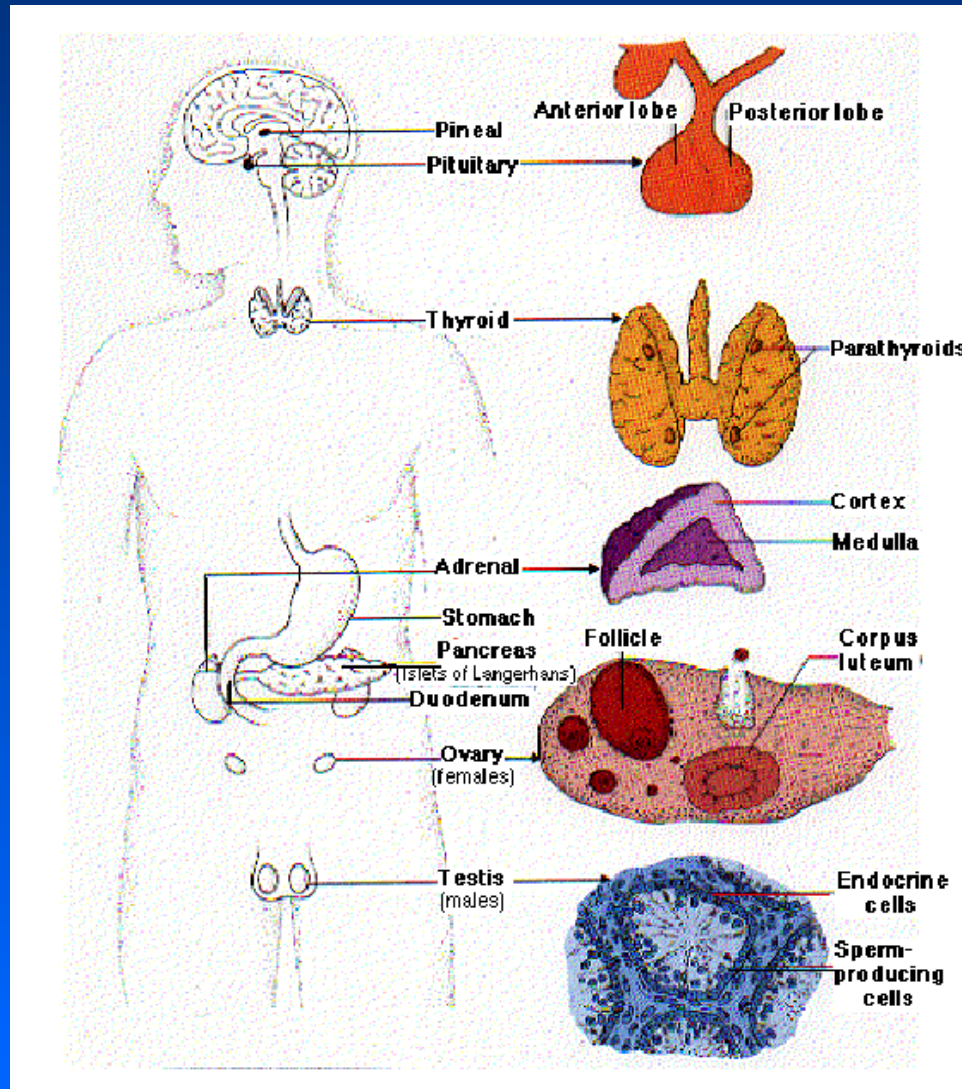
- The Sleeping Divinity in the human body lies in the lowermost portion of your backbone.
- That Sleeping Divinity is called Kundalinii.
- Kundalinii means 'in coiled form'.
- In Sanskrit, Kundalinii means "coiled", "serpentine loop", "serpentine coil".

Sleeping Divinity – Kulakundalinii

- The coiled force situated at the lowest part of the vertebral column is called Kulakundalinii.

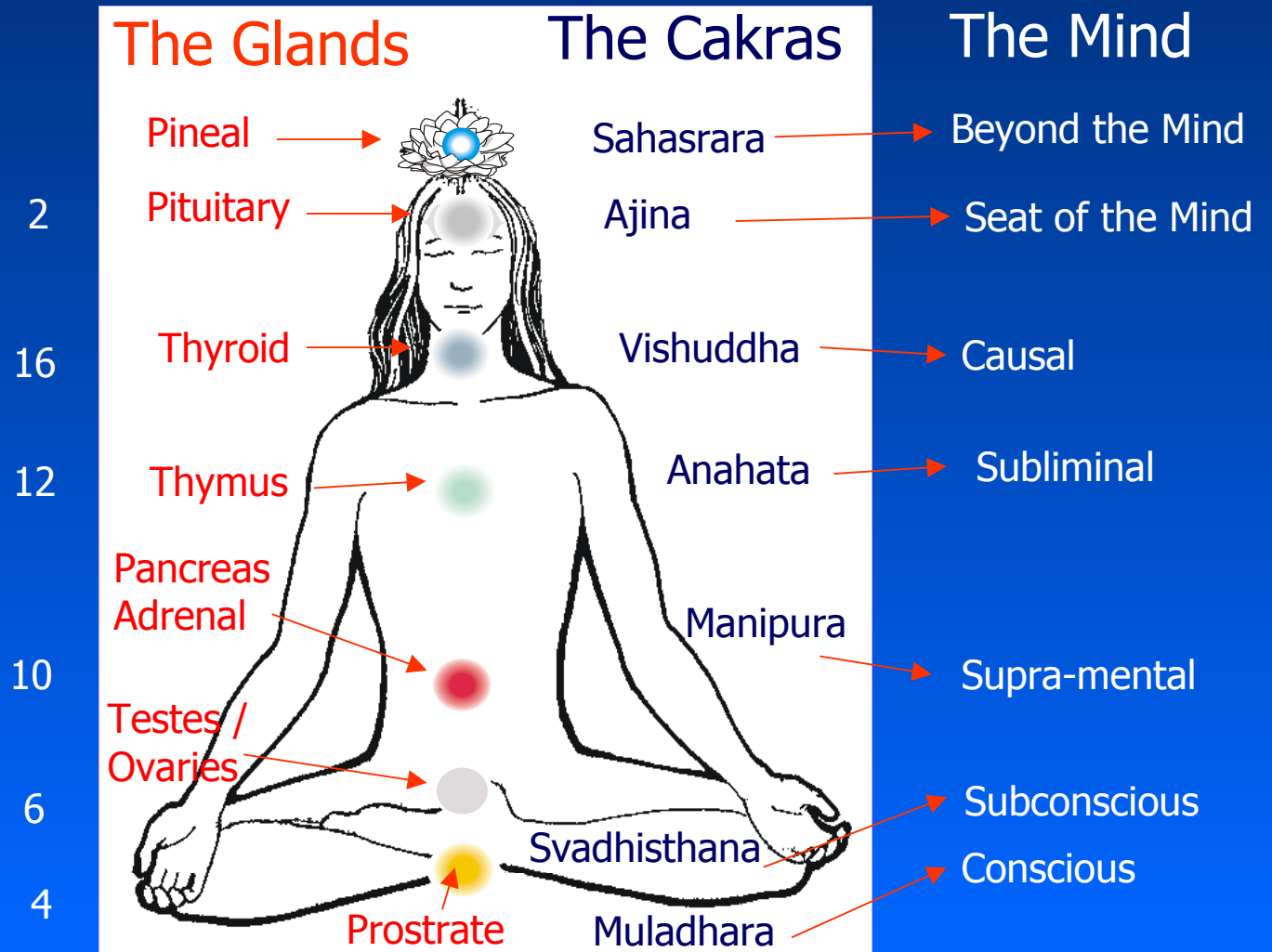


Glandular system



The Subtle Human Body

Propensities



1st Cakra

Propensities

2

16

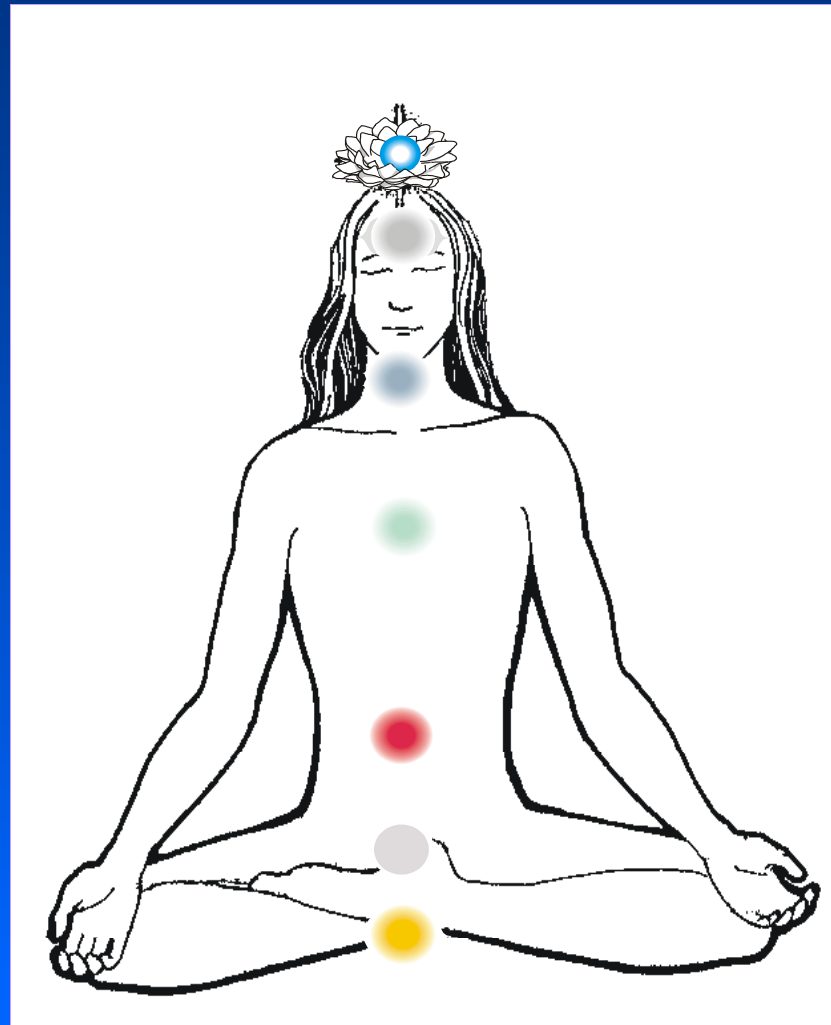
12

10

6

4

Physical longings
Psychic longings
Psycho-spiritual
& Spiritual longing



2nd Cakra

Propensities

2

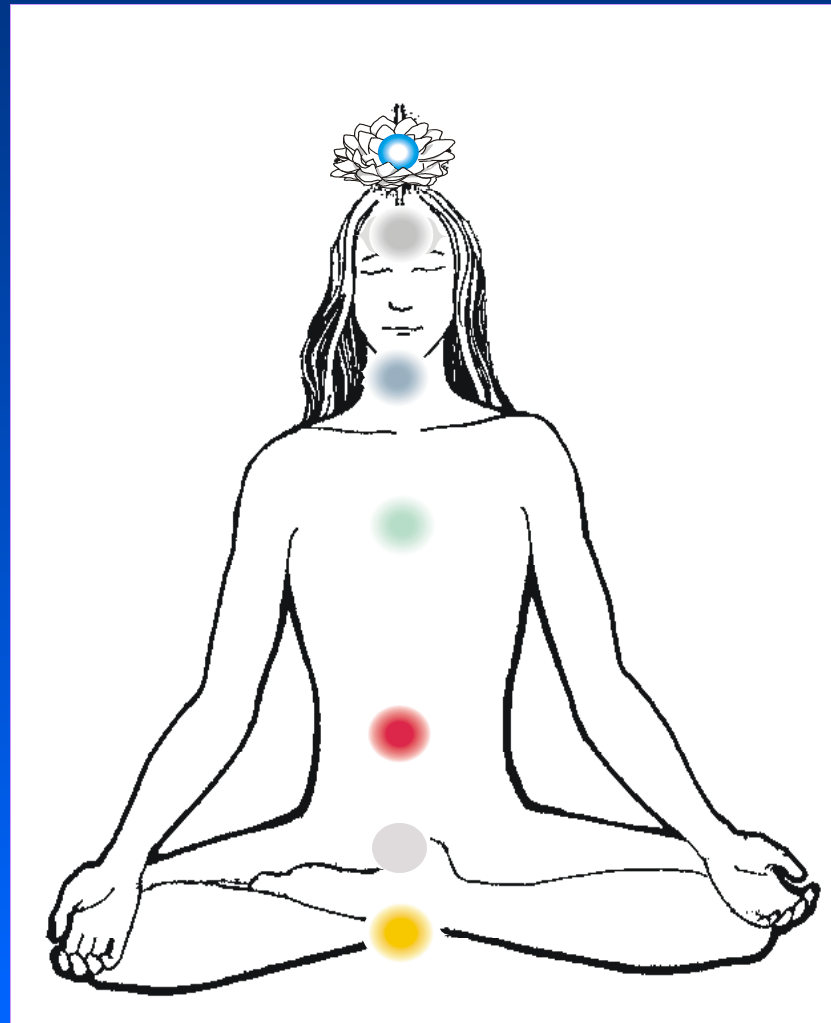
16

12

10

6

4



Indifference
Cruelty
Lack of common sense
Over indulgence
Fear of annihilation
Lack of confidence

3rd Cakra

Propensities

Shyness
Sadistic tendency
Envy
Staticity
Melancholia
Irritability
Craving
Infatuation
Hatred
Fear

2

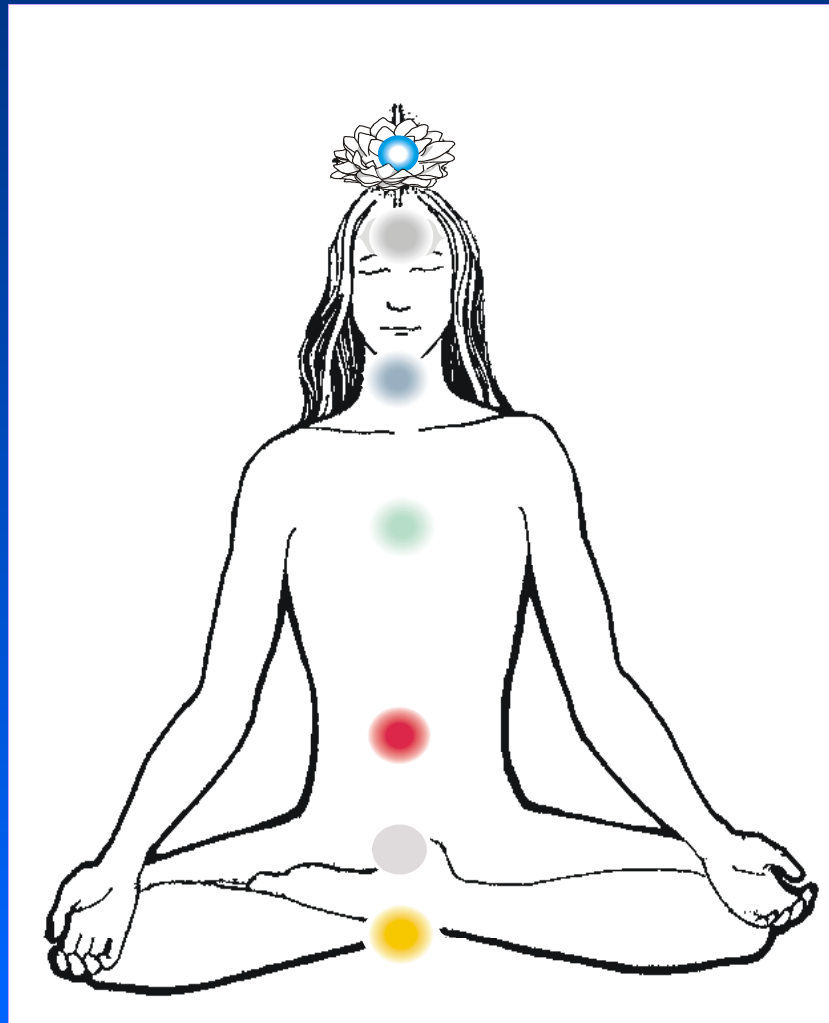
16

12

10

6

4



4th Cakra

Propensities

Hope
Worry
Effort
Attachment, love
Vanity
Conscience
Psychic depression
Ego
Avarice
Hypocrisy
Argumentativeness
Repentance

2

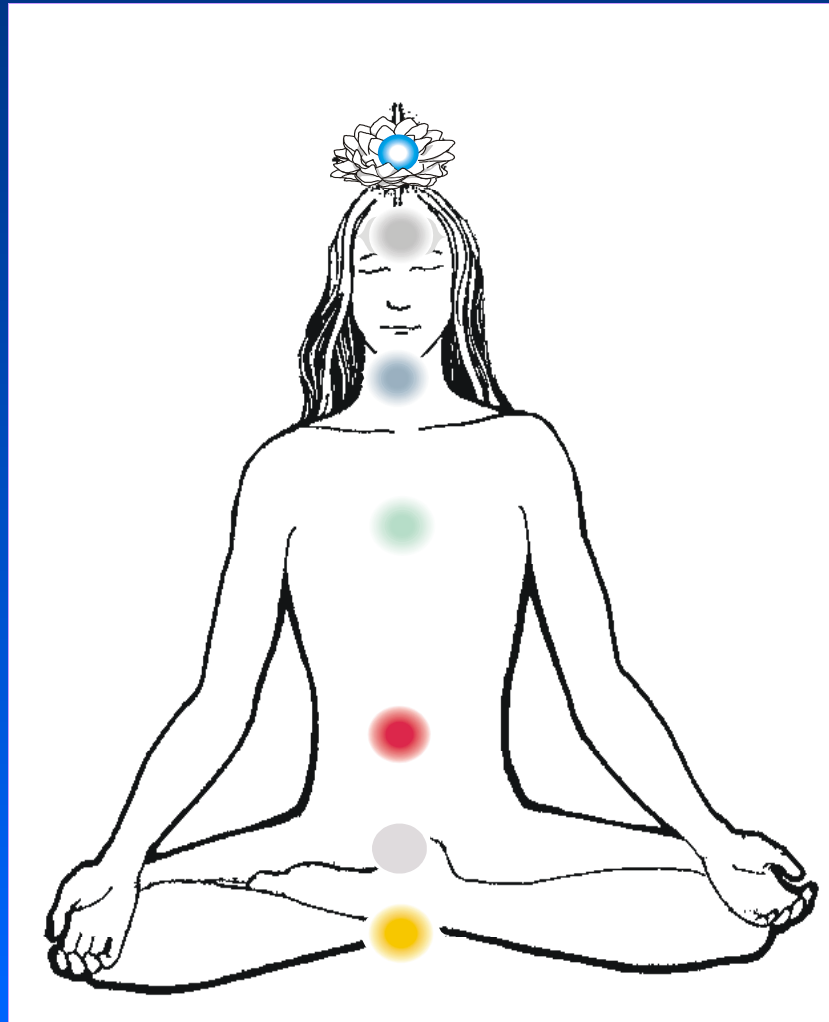
16

12

10

6

4



5th Cakra

Propensities

Om
Sound of kundalini
Theory into practice
Mundane welfare
Psychic welfare
Perform noble
actions
Surrender
Repulsive expression
Sweet expression
7 musical notes:
Sa, Re, Ga, Ma, Pa, Dha, Ni

2

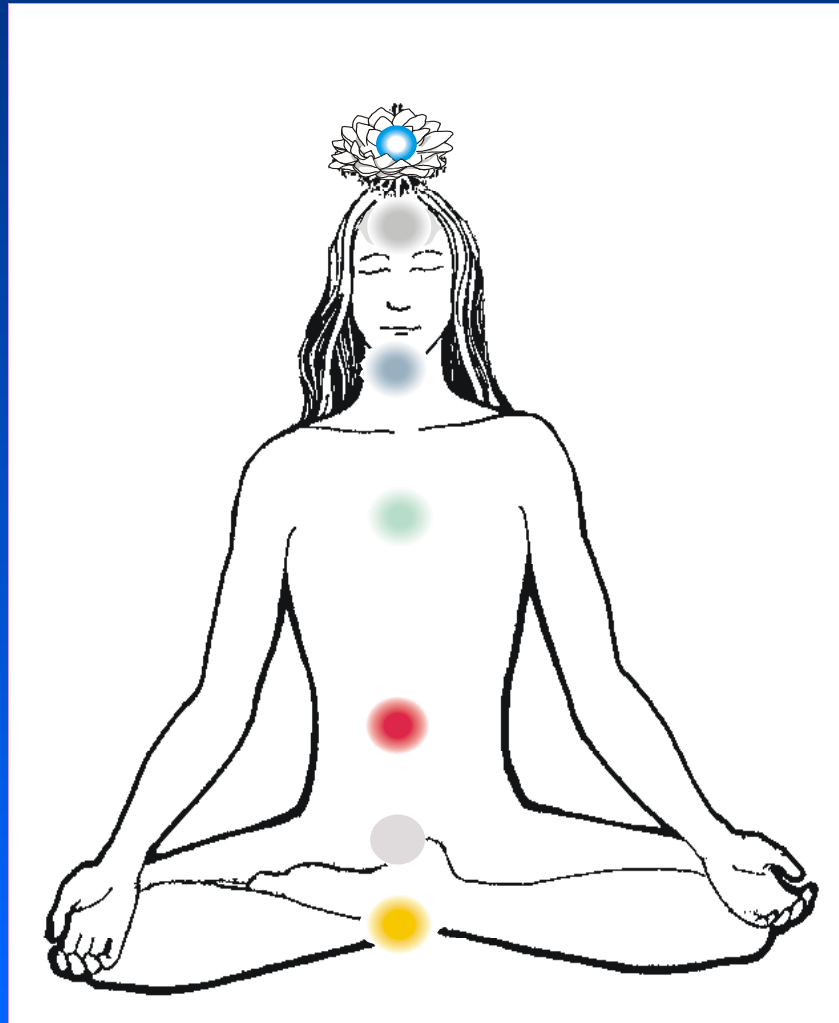
16

12

10

6

4



6th Cakra

Propensities

Mundane knowledge }
Spiritual knowledge } 2

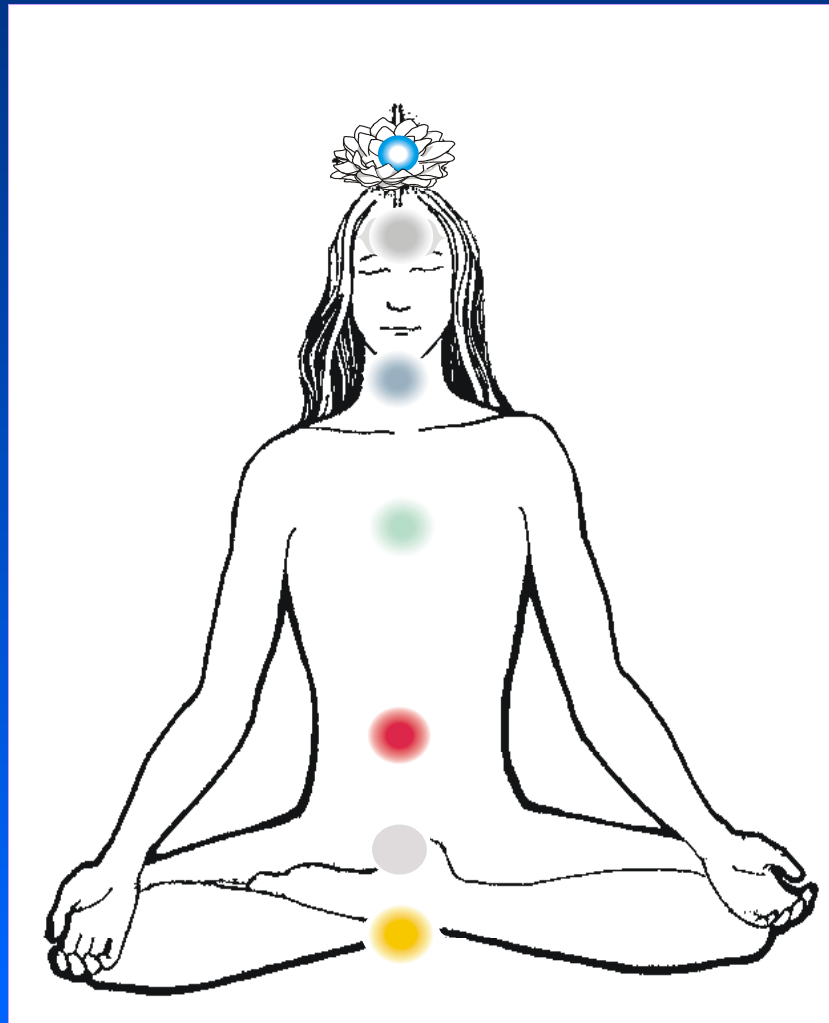
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12

10

6

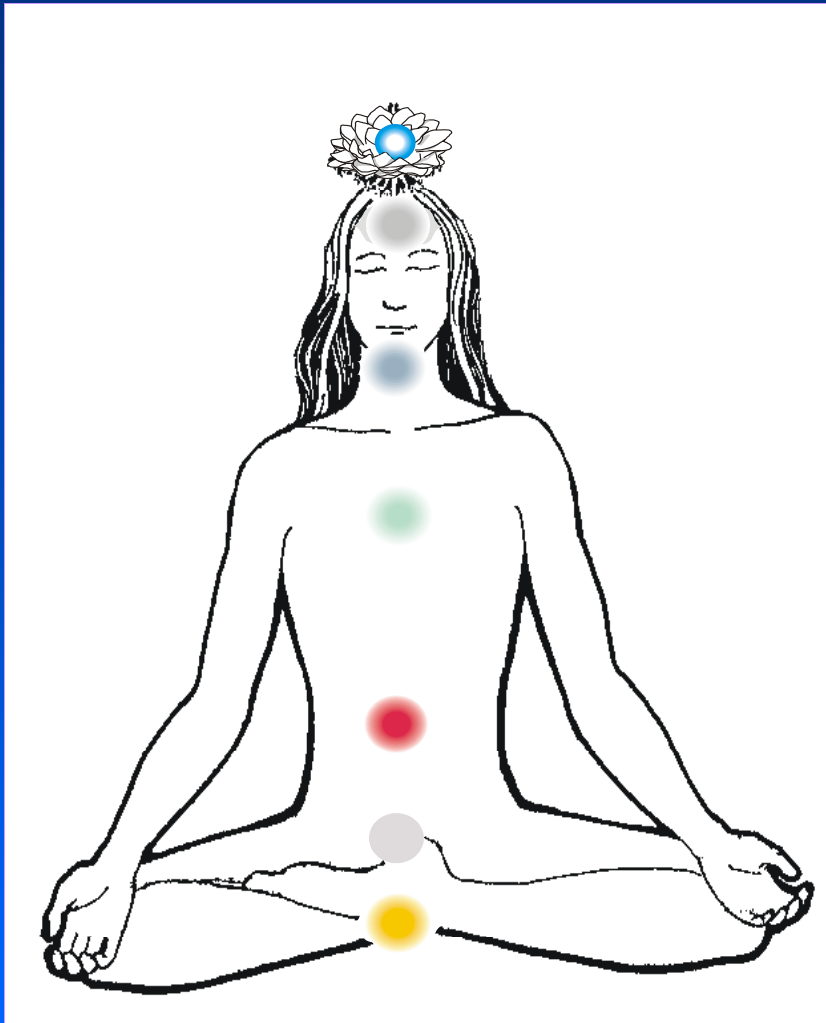
4



7th Cakra

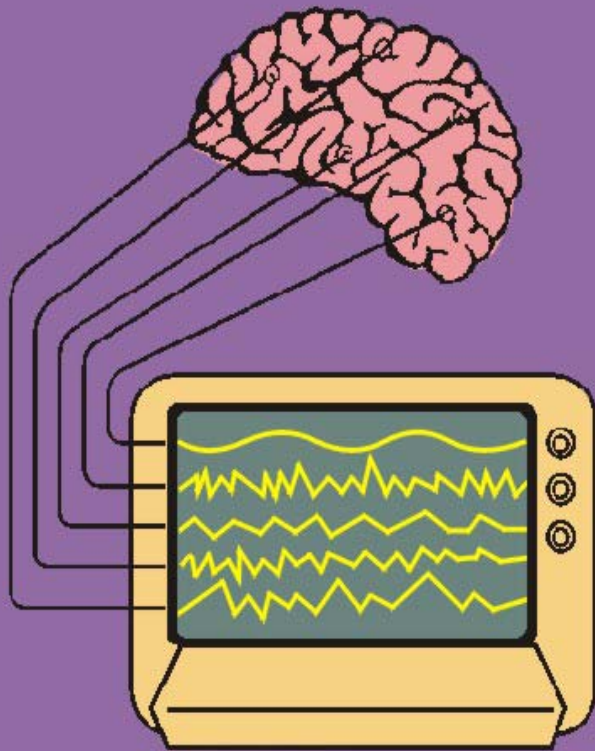
- Controls 1000 propensities.
- 50 propensities are associated with the cakras.
- They have various nuances of expression.
- Expressions are internal and external, so $50 \times 2 = 100$.
- And there are 10 directions, so as to give 1000 expressions.

2
16
12
10
6
4



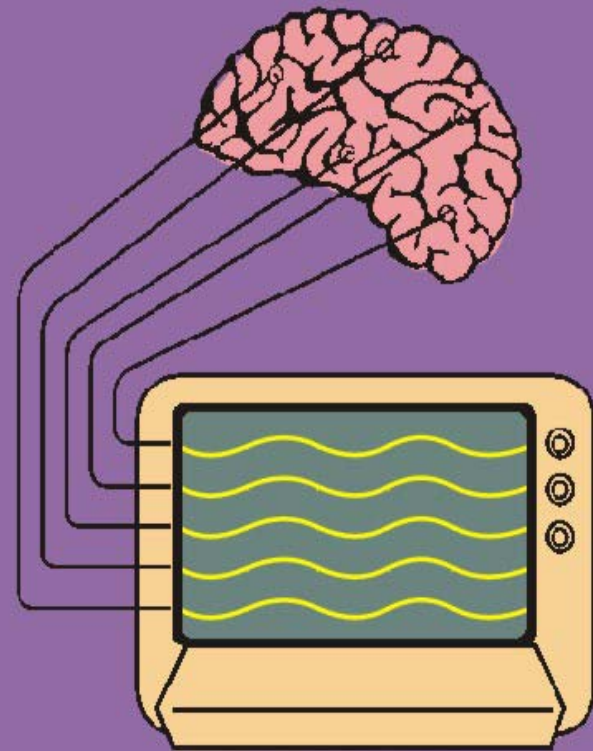
Our Meditation Practice

- Meditation controls propensities.
- Mantra meditation is best.
- Mantra is a word or phrase which carries:
 - Rhythm;
 - Vibration;
 - Meaning.
- Mantras bring balance to the mind and the body.



Normal consciousness

Different parts of the brain
emit different brain waves:
dispersed psychic energy

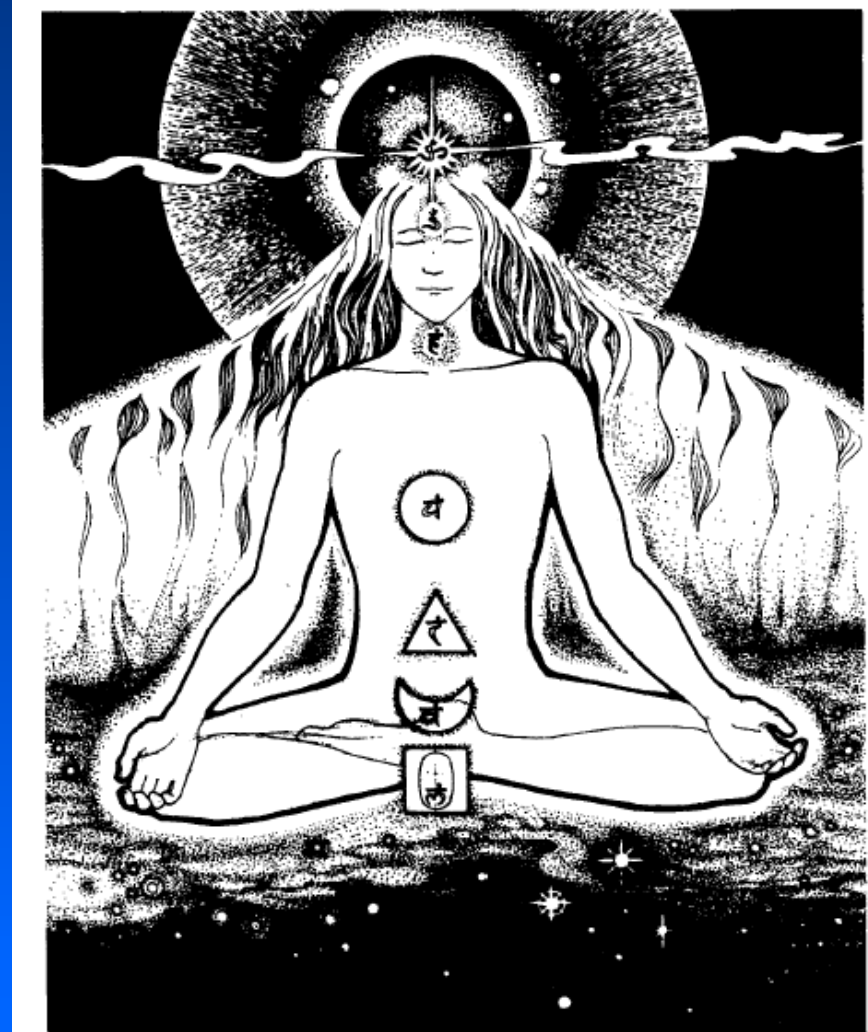


Concentration on the mantra

Different parts of the brain emit the same
brain wave, like a laser
One single powerful rhythm, in tune
with the Cosmic Rhythm

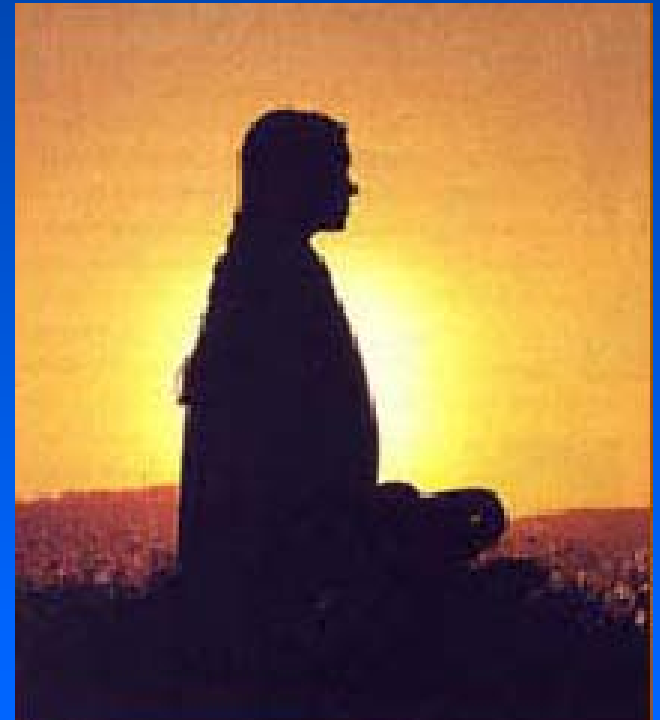
Our Mantra

- Baba Nam Kevalam
- All is the Supreme Consciousness
- Love is all there is



Let us meditate now

- Baba Nam Kevalam
- All is Supreme Consciousness

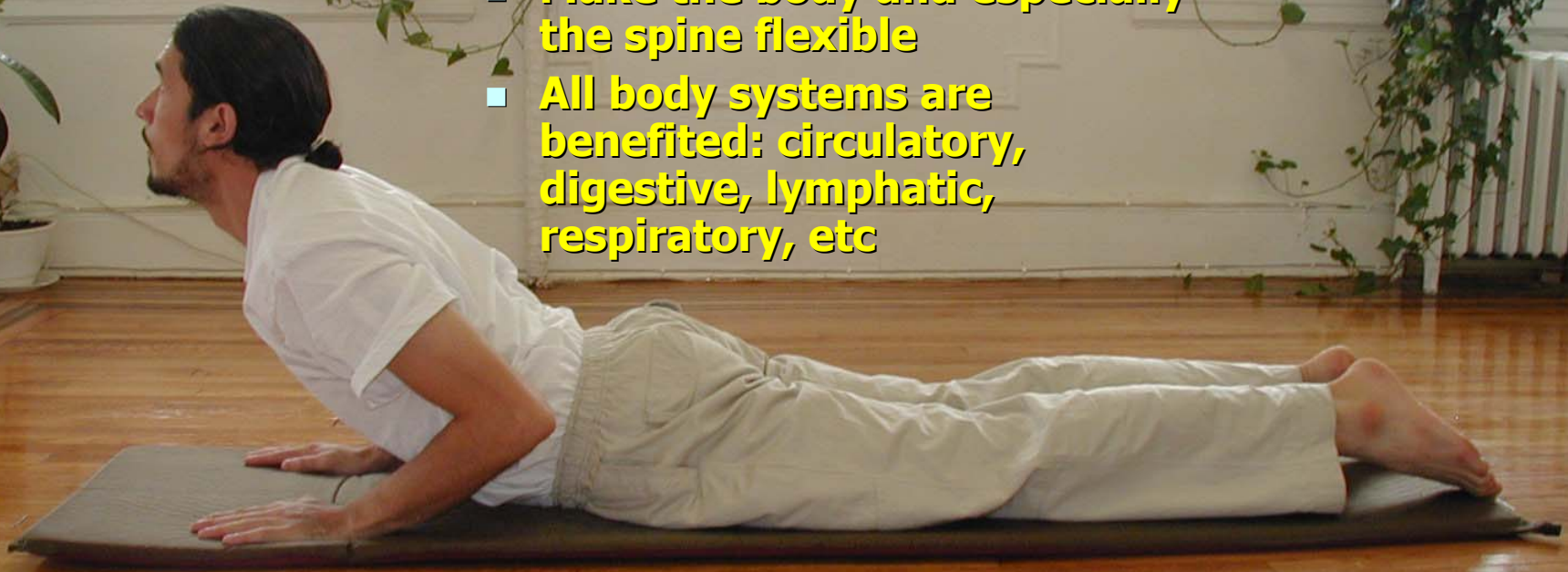


Asanas and Meditation

- Performing asanas - after meditation is best.
- Asanas work from the physical level to the psychic.
- Meditation works from the psychic level to the spiritual.
- The combined practice produces quicker results with maximum physical, psychic and spiritual benefits.

Asanas:

- Stimulate all internal organs
- Make the body and especially the spine flexible
- All body systems are benefited: circulatory, digestive, lymphatic, respiratory, etc



Cobra

**Continually preparing
the body for spiritual
practices**

Effect of Asanas

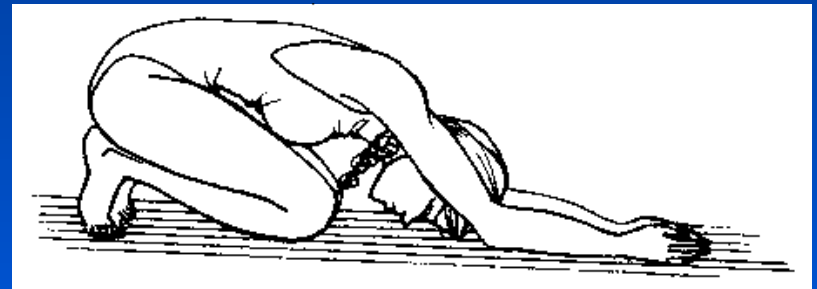
- Special effect on the endocrine glands.
- Balance the hormonal secretion from the various glands ...
- ... controlling the emotions.



Yoga Mudra

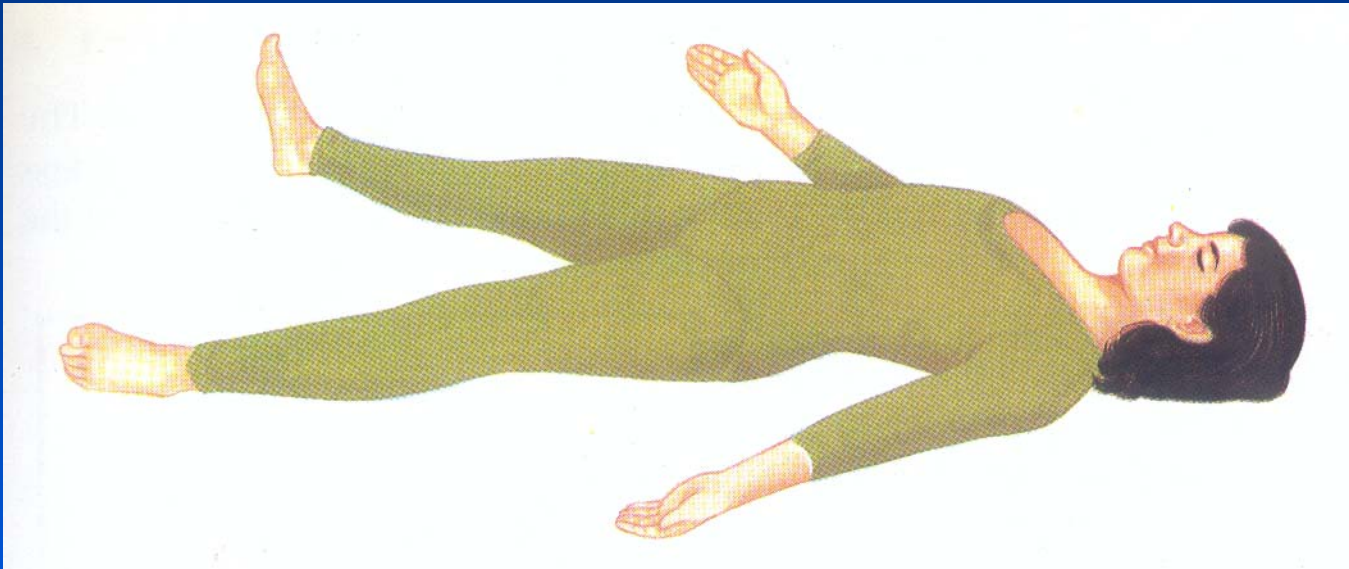
Effect of Asanas

- The mind gets free from upsetting emotional tendencies and experiences increased freedom.



Long Salutation

Lie down and relax



Finish asanas with corpse posture